

Hypertension Zones for Management

GREEN ZONE	<p>All Clear <i>Your Goal BP is: under 140/90</i></p> <ul style="list-style-type: none">• Average blood pressure is under 140/90.• No symptoms.• Please know that hypertension (high blood pressure) is a “silent” disease and symptoms develop late. High blood pressure increases risk for heart attacks, strokes, and kidney damage.	MEANS	<ul style="list-style-type: none">• Blood pressure is under control.• Take your medications as ordered.• Check blood pressure daily if recommended by your PACT team.• Eat a low salt diet.• Keep good exercise habits and weight control.• Limit alcohol and tobacco.
YELLOW ZONE	<p>Caution If you have any of the following signs or symptoms:</p> <ul style="list-style-type: none">• Blood pressure over 150/100 even if you have no symptoms!!!• You may experience symptoms such as mild headache/dizziness. <p><i>Call your Nurse or Provider if your risk symptoms have increased into the YELLOW Zone!</i></p>	MEANS	<ul style="list-style-type: none">• Your higher blood pressure may require an adjustment of your medications.• Improve healthy eating habits; reduce salt in your diet; increase exercise and activity; and lose weight if not at goal. <p>Local VA Connect: 561- 422-6838, option 3 Toll Free VA Connect: 1-866-383-9036, option 3</p>
RED ZONE	<p>Medical Alert</p> <ul style="list-style-type: none">• Blood pressure is higher than 180/120 or you have any severe symptoms.• Warning signs: blurry vision, severe headache, anxiety, short of breath, weakness, severe abdominal pain, increase in dizziness, ringing of the ears, nausea, vomiting, confusion, back pain, chest pain, or dark brown urine. <p><i>If symptoms are severe, call 911 or have someone take you to ER!</i></p>	MEANS	<p>You have severe symptoms.</p> <p>You may have not recognized or you may have ignored the Yellow Zone signs and symptoms listed above and now need to be evaluated by a physician right away.</p>